

AMENDMENTS TO THE ABSTRACT:

Please replace the Abstract originally appearing on page 22 of the application with the following rewritten paragraph:

**ABSTRACT OF THE DISCLOSURE**

An extensible, self locking platform and method of using same are disclosed. The platform includes a first assembly having a first plurality of substantially parallel longitudinally extending members and a second assembly having a second plurality of substantially parallel longitudinally extending members. The first and second assemblies are longitudinally, slidably coupled with each other. The platform may also include one or more catch devices. In one embodiment, at least one catch member is pivotably coupled to the first assembly with an associated stop member. The stop member is configured to maintain a rotation of the at least one catch member at less than a full revolution such that when the catch member is being abutted against an elevated support structure and the platform is being laterally displaced relative thereto, the catch member will also abut the stop member and prevent further displacement of the platform relative to the elevated support structure.